

Interests of Women and the Home.

WHEN LOVE'S PATH WAS A ROUGH ONE

Curious Courtship Customs in New England in the By-Gone Days.

OLD MAIDS WERE FROWNED UPON

Bachelors Not Allowed to Live in Single Blessedness and Peace—Old Age No Bar to Matrimony—Severe Laws Pined Heavy Shackles Upon Cupid's Active Limbs—Wooings of Widows and Widowers.

As the chief and only object of a girl of colonial times was plainly to get married, it is evident, writes Alice Morse Earle in the *Pittsburg Dispatch*, that the steps that led to a marriage were of much importance. She was early taught by precept and a few rare and deplorable examples to dread and shun being an old maid. The traveler, John Danton, wrote in 1774: "It is true, an old or superannuated maid in Boston is thought such a curse as nothing can exceed it, look'd on as a dismal spectacle."

He adds that unmarried women were called "thornbacks." The step of old-maidism was reached at an early date. Higginson wrote of an "ancient maid" of 25. The letters of Mary Doring, daughter of Emanuel Doring, John Winthrop's brother-in-law, show how bitterly her parents resented her remaining unmarried till about 25 years of age. And letters of her father show his mortification as not "early matching" his children. The evidences of family records, of grave-stones, of church-lists, show that unmarried women were few.

EYED WITH SUSPICION.

Love men, as Shakespeare called them, were, of course, by no means discouraged. Bachelors were eyed askance and with much suspicion. They were watched by ministers, elders, deacons, magistrates, heads of families, and the tithing-men were ordered to have a "special eye out" on them. They were not permitted to live alone, nor to choose their place of residence, but had to go with whom and where the court assigned, and if they resented this treatment very much for a term of service. In many of the colonies they had to pay a tax if they remained unmarried after a certain age.

All was not smooth sailing, when the restricted and watched bachelor decided to marry. He had to get the consent of his parents, and if he could not "make a motion of marriage" to any young woman in the community without obtaining the consent of her parents, guardians or near kinsfolk. The whipping-post and cut-o'-ninetails awaited him if he neglected the affections of any maid or maid-servant by making love to her without proper permission. I have often wondered the marked attractions and charms of widows in colonial days were not somewhat due to the fact that a man could court them without being watched, or being given permission or rendering account.

Many laws restricting unlicensed love-making can be found in court records of colonial days. In the New Haven magistrates severely scolded the "inveigling" as "by speech, writing, message, company-keeping, unnecessary familiarity, disorderly night meetings, sinful dalliance, gifts or (as a final blow to inventive lovers), in any other way."

HOW TO CHEAT THE LAW.

It may plainly be seen that if a sly wooer were haled up for "inveigling" and threatened with the whipping-post and stocks, a bold sweetheart had a very simple way of thwarting the magistrates.

When Goodman Tuttle, of New Haven, found that Jacob Mather had been kissing Sarah Tuttle, his daughter, without leave or license, he angrily brought suit against Jacob for inveigling Sarah's affections. Affairs were looking dark for Jacob and the lash of the whip somewhat due to the fact that in the air, when the court asked Sarah whether Jacob "inveigled" her, she demurely answered "No."

The magistrate called her a "boud virgin," but he couldn't make her say she was kissed against her will, so Jacob went scot-free, to Goodman Tuttle's ire.

These laws as to the restraint of lovers were not wholly for the control of ignorant and poor folk, nor to prevent the loss of bond payments, as some historians have imagined. They applied to all classes in the community, and were taken advantage of by fathers and guardians of all ranks.

The governor of Plymouth colony, Thomas France, did not hesitate to drag his daughter's love affairs before the public. He prosecuted Arthur Howland for "disorderly and unrighteous endeavoring to gain the affections of Mistress Elizabeth France." I have a suspicion in this case, had Elizabeth France been a "boud virgin," she might have truthfully asserted that the affections were given by her, not unrighteously stolen. Lover Howland was ordered "to refrain and desist," and he paid a fine of five pounds. Seven years later, still endeavoring to retain the affections of Mistress Elizabeth, and evidently succeeding very well in his endeavor, he was again fined at law, and in a few months Mistress France became Madame Arthur Howland.

A SERIOUS MATTER.

An engagement of marriage was a serious matter in those days. If the father had given his consent he could not recklessly or unreasonably interfere to break the contract. Colonial court records, especially those of Plymouth, prove that lovers, in turn, could sue parents for unreasonably sanctioned love-making, and breach of promise cases were brought by men against women.

In some communities, in both Plymouth and Boston a formal betrothal, called a "contraction," took place. This was not held to have a very favorable influence on morals, as colonial court records prove, and as it furthered long engagements was not encouraged. Cotton Mather expressed himself with some force upon this subject.

A certain sordidness and meanness appears in many of the accounts of woosings in colonial times through the eagerness of both the father and the bride and the groom to drive as sharp a bargain over the marriage contract as possible. The tender passion was reckoned in many cases as pounds,

shillings and pence. The pages of Judge Sewall's diary give ample proof of his shrewd calculation in courtships, both his own and his children's. And the pages also show that he proved a very good husband in spite of the narrowness of his bargaining. A marriage settlement was a very important matter in those days. A girl should get married, of course, without a dowry but she could not expect to match with a partner of very high standing in the community unless she brought money in her pocket.

There was some sentiment in love-making, albeit of a rather broadly-outlined kind. A favorite method of expression was by very energetic "love first sight," and speedy marriage. I am constrained to note that the hero of this sort of romance has been in every case which I have noted a widower. No romantic bachelor has ever fallen in love at sight of a fair maid who sat milking her father's cows, proposed at once and married her as soon as published. It has always been a widower who did this, and I am bound to state, in approval of this apparently hasty choice, that the speedily-won bride always proved a notable housekeeper. It has never been a bachelor who had ridden to a man's door and said boldly: "I hear you have a young daughter. I should like to see her with a view to marrying her," and followed this step by a very speedy march into matrimony. It is always a widower who is such a hardy wooer, often—let it not dim the glory of the romance—a widower with children, who need immediate care. We do not, however, know whether or not he made such an offer to entice a favorable answer, as did Rev. Michael Wigglesworth, the popular poet, the author of the terrible "Day of Doom." He was a widower with several children, and he evidently forgot his sorrow for his bride would object to so many incumbences; hence he offers darkly to dispose of some of them. We are left to surmise the method of disposal.

It has seemed to me, in studying domestic relations in the colonies, that widows and widowers were both so much sought for as marriage partners, were so evidently preferred to unmarried men and women, that I have wondered how the supply of first husbands and wives held out; how anyone was willing to be the first partner, the sacrifice, as it were.

NEVER TOO OLD TO MARRY.

Old age did not deter them from marrying, nor their opportunities. Marriages of widows over 60 years of age were frequent, and seem to have been regarded as not void of interest and even sentiment. The pages of Judge Sewall's diary tell us of his "fluctuations," as he termed his various attempts at matrimony, in his successive widowerhoods, and show that while he never lost sight of the business aspect of the proposed contract, he still could be somewhat mawkish and silly; as mawkish and silly as could, perhaps, be expected of a wooer of three score years and ten.

Many frankly simple customs prevailed. I do not know at how early a date the fashion obtained of "coming out bride" on Sunday; that is, the public appearance of bride and groom, and sometimes entire bridal party, in wedding array, at church the Sunday after the marriage. This certainly was a common custom long before Revolutionary times, both in New England and in New York. Gabriel Furman, in his manuscript "Commonplace Book," dated 1810, tells of one groom whom he saw who appeared on the first Sunday after his marriage attired in white broadcloth; on the second, in brilliant blue and gold; on the third, in peach-bloom, with pearl buttons. The bride's dress, wholly obliterated by all this masculine magnificence, is not even named.

Cotton Mather wrote, in 1712, that he deemed it wise to have the newly-married couple appear publicly with some friends. Judge Sewall's daughter and her husband walked with six other couples to meeting the Sunday after her marriage. In Brooklyn, Conn., it was the custom for the bride and groom to sit in the gallery and at a certain point in the service to rise and turn around several times slowly to show their bridal finery to the whole congregation.

How to Bake Cal's Liver.

Carefully prepare a calf's liver, and lard it thickly over the top, with the lardome sufficient to fill a good-sized larding needle. Into the bottom of the baking pan put a small onion sliced, a carrot sliced, a stick of celery cut into pieces, two bay leaves, a sprig of parsley, four cloves, and a teaspoonful of pepper corns. If without the latter, use the ordinary ground pepper, but only one-quarter its quantity. Place liver on top of these; add one quart of boiling water, in which you have dissolved a teaspoonful of salt. Cover the pan with another of the same size; bake with a quick oven one hour, basting every fifteen minutes. Remove the upper pan and bake thirty minutes longer. Serve with a brown sauce made from the liquor in the pan.—Mrs. S. T. Rorer in *Ladies' Home Journal*.

Dried Apple Cake.

Soak one cup dried or evaporated apples over night in three cups warm water; after first washing thoroughly and removing all pieces of cores; pour off the water and drain in sieve. Chop the apples; then simmer for one hour in one cup of molasses. Let cool and add one-half teaspoonful soda dissolved in one-half cup hot water. Mix together one cup brown sugar and one-fourth dripping of any kind (even bacon or sausage fat may be used in molasses cake, and the cake be all the better for it); add one-half teaspoonful each of cinnamon, allspice and cloves; stir in one and one-half cups flour, and one unbeat egg, added last of all; bake slowly.

An Ice Poultice.

In many cases of inflammation an ice poultice is a very useful application. It is made in this way: Spread a layer of linned meal, three-quarters of an inch thick, on a piece of cloth, and upon the meal put at intervals lumps of ice about the size of a marble. Sprinkle meal over the ice and cover all with the cloth, turning the edges over. In this way the ice will last much longer than it otherwise would, and the poultice will be quite comfortable.

How to Dress.

Knowing how to wear and how to take care of clothes is half the secret of good dressing, says the *Globe-Democrat*, and this is a consolation to the thousands of women whose pecuniary position is not as high as their social grade and to whom the problem of how

to dress in a way suitable to their standing, with small expenditure of money, is a difficult one.

To put on garments neatly is an accomplishment that not every woman possesses, and the absence of it is rendered more conspicuous when the ill-adjusted clothing is of costly material. There are those the back gathers of whose skirts are always pulled around to one side, whose bodices is never fastened straight, whose bonnet is ever tilted at an angle, whose shoes are perennially short of a button, whose pins are but half stuck in, whose collar is sure to be crooked and whose belt slips up above the skirt band. For such, though they be clothed in silks and satins of richest weave, there is no possibility of elegance, for neatness and care are among its more important elements. On the other hand, there are women whose plain gowns are so spotless, so accurately put on and so well carried that the costume bears the mark of refinement and fashion.

The care of clothing is of almost equal importance. It goes without saying that garments ought to be kept fresh, clean and crisp as long as possible, whether they are expensive or cheap. A hat tossed "hit or miss" upon the table, a gown thrown over a chair or set upon, or a wrap dragged upon the floor, will bear but too plain evidence against its owner's neatness the next time it is worn. Careful handling, a clothes brush and plenty of cool air, will do wonders toward the maintenance of a good wardrobe, and these simple suggestions, if persistently followed, will materially improve your personal appearance as well.

HOUSEHOLD HINTS.

Let all young housekeepers bear in mind that rule, order, and system in all things are indispensable in the management of a well-regulated household.

At a tulip luncheon the ice cream and biscuit place were served in natural flowers for cups. Two blossoms fastened together with ribbons, the leaf and stem attached, were laid upon a plate and served to each guest.

Among the spring blossoms daffodils and tulips are superceding all others for the decoration of fashionable dinner tables. In a good wardrobe flower holders are filled with growing tulips. The flowers will keep fresh for many days.

A beefsteak that is inclined to be at all tough may be much improved if it is well rubbed over on both sides with a mixture of olive oil and vinegar. After the steak has been covered with this preparation allow it to remain in a cool place two or three hours before broiling.

From the *New York Sun*.

Apples at this time of year have lost much of their flavor and freshness. If when making a pie a teaspoonful of tartaric acid is sprinkled over the apples it will give the pie more of the flavor of fresh green apples. When baking the apples, remove the cores and fill the space with sugar, in which has been mixed a little of the tartaric acid powder.

A beautiful table decoration consists of very natural-looking tulips made as well as their colored. Buy a green stem five or six inches long fastened to a vase of the same color. A tiny light fits into each flower. When arranged around a table in a hedge of smilax and ferns or other delicate greens which hide the stems, they are a very attractive and unique decoration. These tulips are made in pink, yellow, and variegated red and yellow, and are an excellent imitation of the flower.

A troublesome throat irritation or cough, the result of a winter cold, is most annoying, but a home remedy will relieve and oftentimes cure it without the aid of any medicine. The following formula was given by a physician many years ago, and has been found to be of great value: Take one quarter of a pound of the best gum arabic and pour over it half a pint of hot water; let it stand until the gum is dissolved; then add one-quarter of a pound of pure white sugar and a generous half gill of strained lemon juice. Place these ingredients over the fire and let them simmer about ten minutes; then pour the mixture into a bottle and cork. When taking the syrup a little water may be added.

Many housekeepers prefer to make nudels themselves to use in place of macaroni or those one can buy. The nudels are easily made. Take two eggs and add a tablespoonful of rich cream stock and a tablespoonful of salt; stir in as much flour as the liquid will take up, making into a stiff dough. Knead the dough upon the board until it is elastic and soft; the longer the better; then roll it out in a thin sheet. Rub the sheet very lightly with flour, and remove a few moments to dry slightly before turning it over into a long, close roll. With a thin sharp knife cut the roll into strips a quarter of an inch in width. Leave the pieces upon the board for a couple of hours to dry; then they are ready to cook and serve as macaroni. When preparing nudels to use in soup only, the roll is cut into very narrow shreds. Nudels may be kept any length of time.

PHYSICAL DEVELOPEMENT.

Improving in England as well as in America—The Reasons.

It is a well-established fact, says the *Sun*, that the woman who is not blessed with God-given grace and a well-proportioned figure must have some special exercise suited to her needs if she would be graceful, and it is said that practical results of the modern methods of exercise for women in England show that dowagers of too generous proportions are rare in comparison to the numbers seen twenty years ago. Croquet first incited a desire for exercise among women of middle age, and led on through various stages to the bicycle, for which so much is claimed as a source of health and beauty for women.

That women are taller than they were a generation ago, as a result of out-door exercise, is not denied, and the graceful exercises which are taught in schools, gymnasiums, and health culture classes for the purpose of developing the muscles show progress in physical training.

Young girls, and grown women as

well, have invaded man's domain in the matter of exercise in connection with various games, and it is all very much to their credit. The posture and skirt dancing which is taught nowadays to give grace and elegance of movement would have been considered sort of ludicrous proceeding years ago, but to this has been added jig dancing as well as still more classic dancing.

BEAUTY IN MATURITY.

A Woman Is at Her Best Late in Life. Some Notable Examples.

From the *Chicago Chronicle*.

The physical beauty of women should last growing more and more mellow until the end. That the beauty of women, like that of men, should be determined from the standpoint of advancing maturity cannot be disputed. It is absurd to claim that the ripe, rich beauty of forty is less attractive than the budding immaturity of sweet sixteen. When women live in harmony with nature's laws each stage of life has its own charm. The fulness of beauty does not reach its zenith under the age of 35 or 40. Helen of Troy comes upon the stage at the age of 40. Aspasia was 36 when she married Pericles, and she was a brilliant figure thirty years thereafter. Cleopatra was past 30 years when she met Antony. Diane de Poitiers was 36 when she won the heart of Henry II. The King was half her age, but her devotion never changed. Anne of Austria was 38 when described as the most beautiful woman in Europe. Mme. de Maintenon was 43 when united to Louis, and Catharine of Russia was 33 when she seized the throne she occupied for forty-five years.

Mlle. Mar was most beautiful at 45, and Mme. Recamier between the ages of 35 and 55. The most lasting and intense passion is not inspired by two-decade beauties. The old saw about sweet sixteen is exploded by the true knowledge that the highest beauty does not dwell in immaturity. For beauty does not mean alone the fashion of form and coloring as found in the waxen doll. The dew of youth sweet sixteen and the boy or girl who is at that period, but a woman's best and richest years are from 35 to 40. It is an arrant error for any woman to regard herself as passe at any age, if she grows old.

CHILDREN'S BREAKFAST.

Let It Include Fruit, a Cereal and Plenty of Milk.

A word as to the question concerning breakfast for the children who must walk to and from school, writes Christine Terhune Herrick in the *New York World*. It should either begin or end with fresh or stewed fruit. Some mothers find that fruit as a first course takes away a child's appetite for anything else, and in this case the whole should end with the fruit. There should always be a cereal—oatmeal, crushed wheat, wheatena, germen, cerealine, shredded wheat biscuit—whose name is legion. This should be eaten with plenty of milk—with cream if possible. There should also be a glass of milk or a cup of cocoa, which is food and drink in one.

Of course it is impossible to say how much any special child should eat or what they have their idiosyncrasies of appetite and digestion as well as their elders. But a boy or girl who has eaten a good-sized bowl of some well-cooked cereal with plenty of milk; who has drunk a glass of milk or a cup of cocoa, and wound up by an orange or a saucer of stewed fruit and a slice or two of graham or whole-wheat bread, but not enough to "keep" for some hours. If he wishes to add a soft-boiled or breakfast it will do him no harm. Growing children need plenty of food of the right sort, and such a breakfast as has been described is infinitely better for them than a meal of sausage, eggs and griddle cakes or other hot bread, washed down by a cup of tea or coffee.

Fried Beets.

Boil until tender one-half dozen small beets. Slice and put in stew-pan, with a teaspoonful vinegar, half the juice of a lemon (reserving the rest of lemon for pudding)—scant one-half teaspoonful each of sugar and salt, a grate of nutmeg and dash of pepper. Add two teaspoonfuls stock, a teaspoonful butter and let simmer one-half hour, stirring occasionally.

How to Clean Satin Shoes.

White satin shoes that have become soiled need not therefore be thrown aside as useless, but may be cleansed by being rubbed with a piece of new flannel dipped in spirits of wine. Rub the satin lengthwise of the grain, and change the flannel frequently. As the spirit is highly inflammable, it should not be used near a candle or other light.

Eggs Scrambled in Milk.

Heat one cup of milk, salt in a teaspoonful of butter and stir into it six eggs which have been beaten just enough to mix the yolks and whites. Stir constantly until the eggs thicken, and as soon as you have a tolerably firm mixture dash of pepper add a teaspoonful of minced parsley and serve.

Holes in the Wall.

Nails which have been removed from the wall frequently leave unsightly holes, which it is not always convenient to conceal with a picture or bracket. The best method of hiding them is with either putty, plaster of paris or a paste made of sawdust and glue. When dry the filling with paint to match the paper.

Baked Hominy.

Mix with one cupful of cold boiled hominy one teaspoonful of sugar, two eggs, beaten light, and a teaspoonful of melted butter. Beat into this a pint of milk, add half a teaspoonful of salt, turn all into a pudding dish and bake to a light brown. Serve immediately, as it soon falls.

Hot Breakfast Breads.

From the *Housekeeper*.

Quickmeal past—Take one pint of corn meal and one teaspoonful of salt. Pour boiling water over until molasses, then chop spoonfuls into skillet containing hot lard. Fry brown on both sides. They should be pressed lightly down with a knife to make them lie flat.

Poor man's gems—One cupful of graham flour, one cupful of corn meal, one teaspoonful of salt, one egg, one heaping teaspoonful of baking powder,

and cold water to mix like other gems. Heat and grease gem pans, drop in and place in a hot oven. They will bake in ten minutes.

Graham Flippers—Two cupfuls of Graham flour, one teaspoonful of salt, one teaspoonful of baking powder, and water to make it just right to stir thickly. Drop spoonfuls into a hot, greased skillet and cook brown on both sides. These may sound very plain and cheap, but they are good.

Quick biscuits—One quart of flour and one tablespoonful each of salt, baking powder and lard, add milk till it can just be stirred with a spoon. Gently place spoonful at a time in a floured tin, so they will touch. Bake in a hot oven and they will rise and be found splendid, and very quickly made.

SHOE WISDOM.

Dr. Samuel Appleton gives some rules about footwear which every person should derive comfort in heeding.

Never wear a shoe that will not allow the great toe to lie in a straight line.

Never wear a shoe with a sole narrower than the outline of the foot, traced with a pencil close under the rounding edge.

Never wear a shoe that pinches the heel.

Never wear a shoe or boot so large in the heel that the foot is not kept in place.

Never wear a shoe or boot tight anywhere.

Never wear a shoe or boot that has wrinkles in any part of the sole to drop any joint or bearing below the level plane.

Never wear a shoe with the toes turning up very much, as this causes the cords on the upper part of the foot to contract.

Never wear a shoe that presses up into the hollow of the foot.

Never have the top of the boots tight, as it interferes with the action of the calf muscles, makes one walk badly, and spoils the shape of the ankle.

Never come from high heels to low heels at one jump.

Never wear one pair of shoes all the time, unless obliged to do so. Two pairs of boots worn a day at a time alternately give more service and are much more healthful.

Never wear leather sole lining to stand upon. White cotton drilling or linen is much better and more healthful.

Never wear a short stocking or one which, after being washed, is not, at least, $\frac{1}{2}$ inch longer than the foot. Bear in mind that stockings shrink. Be sure that they will allow your toes to spread out at extreme ends, as this keeps the joints in place and makes a strong and attractive foot. As to shape of stockings, the single digital or "one-toe stocking" is the best.

Never think that the feet will grow large from wearing proper shoes. Finishing and distorting makes them grow not only large, but unsightly. A proper, natural use of all the muscles makes them compact and attractive.

Asparagus Soup.

Boil the asparagus in as much water as will cover it, and when tender add the whole (water and vegetable) to a saucepan of boiling milk, and season with butter, bread crumbs, pepper and salt. Serve hot.

To Rid the House of Black Ants.

You may exterminate black ants by first keeping out of their reach all sweets. Stand your cake and sugar boxes in a pan of water, then around the shelves put either lavender, ground cloves, or better, camphor.—*Ladies' Home Journal*.

For Burns.

Mrs. Ida Stewart, Sessumville, Miss.

In case of burns or scalds dip a piece of very thin old muslin into melted lard and apply it to the injured part. Over this is a cloth on which you have spread pine tar to the thickness of half an inch. Fasten this securely and allow it to remain three days, then dress the part with vasoline in the usual way. This is better than the oil and cotton prescribed by surgeons, as there is nothing to adhere to the injured surface, and the cloths are easily removed.

Gives the Swaggar Look.

It is the sleeve that gives the swaggar look to your gown; so be sure to pay attention to this and have a very new, smart-looking one for your own gown, and it will prove half the battle for the style so desired by all women-kind.

"NEXT TO GODLINESS."

It is the Cleanliness That Keeps Children Healthy.

If you want children to go comfortably to bed, do not forget, says the *Philadelphia Record*, to institute the habit of sponging off their feet and legs before dismissing them to their couches. It is a great thing to teach them that they must go clean to bed. Just as it is necessary (independent of the morning bath) that children should wash their faces and hands before sitting down to meals, so the same rules obtain in regard to their feet in the evening. Little children are now on the floor more or less all day. They are actively springing about running or jumping or climbing and the little ones off clean-footed to the land of nod. To be sure, it involves a little more trouble for the mother or nurse, but no loving parent would deny the luxury of cleanliness to her little ones.

Children, like other house-plants, seem to grow by means of frequent bathing. So teach the little folks that no well-bred baby must dream of climbing in between the crib sheets without spotless feet.

Let them go to bed clean!

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